

CLAIMS

WHAT IS CLAIMED IS:

1. An incremental weight system having a plurality of selectable weights,

2 comprising:

an incremental weight stack having a plurality of incremental weights;

4 each of said incremental weights defining a slot;

6 a selector plate having a number of pins equal to a total number of said
incremental weights with each pin uniquely corresponding to a single one of said
plurality of incremental weights on a one-to-one basis so that each pin has a
8 uniquely corresponding incremental weight and vice versa;

10 each of said pins positioned on said selector plate to uniquely engage said
slot of said corresponding incremental weight; and

12 said selector plate being proximate and adjacent said incremental weights
so that said pins may selectably engage said slots and said selector plate being
positionable so as to selectably and uniquely engage one or more of said
14 incremental weights.

2. An incremental weight system having a plurality of selectable weights as set

2 forth in Claim 1, further comprising:

a chassis adapted to engage a selector weight stack;

4 a retaining plate;

a post slidably passing through said retaining plate and coupled at a distal

6 end to said selector plate;

8 a biasing system biasing said post and said selector plate toward said
incremental weight stack; and

a handle coupled to the post.

3. An incremental weight system having a plurality of selectable weights as set
2 forth in Claim 2, wherein said biasing system further comprises:

a spring.

4. An incremental weight system having a plurality of selectable weights as set
2 forth in Claim 2, further comprising:

said selector weight stack having a number of uniform weights:

4 each of said incremental weights of said incremental weight stack
weighing approximately the same; and

6 said chassis, said retaining plate, said post, said biasing system, and said
handle weighing approximately the same as an individual one of said
8 incremental weights.

5. An incremental weight system having a plurality of selectable weights as set
2 forth in Claim 4, further comprising:

each of said incremental weights weighing approximately one-fourth

4 (1/4) of the weight of one of said uniform weights of said selector weight stack.

6. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

said incremental weight stack offset a radial distance from a center of said selector plate;

each of said slots of said incremental weights disposed a different radial distance from said center of said selector plate; and

each of said pins disposed a different radial distance from said center of said selector plate; whereby

by displacing and turning said selector plate, individual ones of said incremental weights may be engaged by a corresponding pin which is passable through a corresponding slot.

7. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

said incremental weight stack supported by a stand.

8. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

said selector plate positionable so that it does not engage said incremental weight stack with any of said pins.

9. An incremental weight system having a plurality of selectable incremental

2 weights, comprising:

4 an incremental weight stack having a plurality of incremental weights of
similar weight, said incremental weight stack supported by a stand, each of said
incremental weights defining a slot;

6 a selector plate having a number of pins equal to a total number of said
incremental weights with each pin positioned to uniquely correspond to a single
8 slot in a single one of said plurality of incremental weights on a one-to-one basis
so that each pin has a uniquely corresponding incremental weight and
10 incremental weight slot and vice versa, said selector plate positionable so that it
does not engage said incremental weight stack with any of said pins;

12 said selector plate being proximate and adjacent said incremental weights
so that said pins may selectably engage said slots, said selector plate being
14 positionable so as to selectably and uniquely engage one or more of said
incremental weights with a corresponding pin, said incremental weight stack
16 offset a distance from a center of said selector plate;

18 each of said slots of said incremental weights disposed a different radial
distance from said center of said selector plate with each of said pins also
disposed a different radial distance from said center of said selector plate such
20 that by displacing and turning said selector plate, individual ones of said
incremental weights may be engaged by a corresponding pin which is passable
22 through a corresponding slot;

a chassis adapted to engage a selector weight stack, said selector weight

24 stack having a number of uniform weights;

a retaining plate;

26 a post slidably passing through said retaining plate and coupled at a distal
end to said selector plate;

28 a biasing spring system biasing said post and said selector plate toward
said incremental weight stack;

30 a handle coupled to the post;

32 said chassis, said retaining plate, said post, said biasing system. and said
handle together weighing approximately the same as an individual one of said
incremental weights; and

34 each of said incremental weights weighing approximately one-fourth
(1/4) of the weight of one of said uniform weights of said selector weight stack.

10. In a selector weight system having a number of similar selectable weights, a
2 selectable incremental weight system, comprising:

4 an incremental weight stack having a plurality of incremental weights of
similar weight, said incremental weight stack supported by a stand, each of said
incremental weights defining a slot;

6 a selector plate having a number of pins equal to a total number of said
incremental weights with each pin positioned to uniquely correspond to a single
8 slot in a single one of said plurality of incremental weights on a one-to-one basis
so that each pin has a uniquely corresponding incremental weight and

10 incremental weight slot and vice versa, said selector plate positionable so that it
does not engage said incremental weight stack with any of said pins;

12 said selector plate being proximate and adjacent said incremental weights
so that said pins may selectably engage said slots, said selector plate being
14 positionable so as to selectably and uniquely engage one or more of said
incremental weights with a corresponding pin, said incremental weight stack
16 offset a distance from a center of said selector plate;

each of said slots of said incremental weights disposed a different radial
18 distance from said center of said selector plate with each of said pins also
disposed a different radial distance from said center of said selector plate such
that by displacing and turning said selector plate, individual ones of said
20 incremental weights may be engaged by a corresponding pin which is passable
through a corresponding slot;

22 a chassis adapted to engage a selector weight stack, said selector weight
stack having a number of uniform weights;

a retaining plate;

26 a post slidably passing through said retaining plate and coupled at a distal
end to said selector plate;

28 a biasing spring system biasing said post and said selector plate toward
said incremental weight stack;

30 a handle coupled to the post;

said chassis, said retaining plate, said post, said biasing system, and said

32 handle together weighing approximately the same as an individual one of said
incremental weights; and

34 each of said incremental weights weighing approximately one-fourth
(1/4) of the weight of one of said uniform weights of said selector weight stack.